SACWN
SACRAMENTO AREA CAREER WOMEN'S NETWORK INC.

Volume 9, No. 4 April 1993

SUGAR MAMA SINGS THE BLUES

GWEN AVERY

SINGER, SONGWRITER AND MUSICIAN

Gwen Avery splashed on the national lesbian music scene in 1978 when she recorded "Sweet Sugar Mama" on the Lesbian Concentrate album. She sang that song like slow molasses, clinging like good love, and salty like the sea. It is a classic!

Appearing over the years at all the major music festivals and gatherings, Gwen has developed her own style of blues. Writing "personal" love songs that speak to our hearts, Gwen's music reflects her struggles and journey through life. With a blend of rhythm and blues , a touch of scat and a hint of gospel, Gwen will have you tapping your toe and "singing backup". Gwen will perform selections from her newly released tape, "Live At IMA", produced by June Millington.

GWEN AVERY

DATE: Saturday, April 17, 1993
PLACE: Penthouse at the Galleria
2901 K Street, Sacramento
TIME: 6:30 P.M. Networking; 7:30 P.M. Program
TICKETS: $12 Subscribers
$ 17 Non-Subscribers
$ 20 At the Door

Tickets are available by mail, see order form enclosed.

This performance will be interpreted for the deaf.

An event for women over 21.

A MESSAGE FROM THE STEERING COMMITTEE

It does seem as if change is the only constant. The steering committee of SACWN will soon change in composition. Ellie Zacks, the Coordinator of the SACWN Special Interest Groups (SIGs) has submitted her resignation effective in May.

Ellie has been the life force behind the SIGs and thinking of them without her guidance and direction seems impossible. But after six years, she certainly needs a break and a chance to take on new challenges. Ellie, how do we thank you for all that you have contributed to hundreds of people's lives? You provided an entry point for women into SACWN that was caring, exciting and fun. You gave us an enormous contribution of your energy over the years. We are very grateful.

A survey is underway to evaluate the organizational structure of the SIGs and to begin to set the direction for the future. A new Coordinator is needed to provide the connection between the groups and the Steering Committee. The role of the Coordinator is to recruit and train Special Interest Group facilitators, to meet with them quarterly, gather information for the newsletter and monthly meetings and ensure that the policies and procedures of SACWN are being followed by the facilitators. The time commitment averages four to six hours a month for these tasks.

In addition, the SIG Coordinator becomes a member of the SACWN Steering Committee and participates in quarterly committee meetings. The four members of the steering committee are the policy setting group for SACWN. Their role includes ensuring that SACWN stays focused on its mission of providing a safe and comfortable environment for lesbians to meet and celebrate our culture and our lives.

If you are interested in serving as SIG Coordinator, please call me at 477-7255 (days). This is a pivotal role within the organization and generous assistance will be provided to insure a smooth transition of responsibilities from Ellie to the new Coordinator.

Have a happy healthy spring.

Rosy

Rosemary Metrailer
Corporate Coordinator

SACRAMENTO MARCH

In solidarity with the national March on Washington, Social Workers for Social Responsibility (SWSR) along with River City Democratic Club, The Lambda Center, PFLAG and other groups, will stage a march on Sunday, April 25, 1993 to the State Capitol. The march will begin at noon at Fremont Park, 16th and P Streets, and convene on the South steps of the Capitol for a rally.

SWSR, a student group from CSUS, is committed to the elimination of racism, sexism, class bias and economic inequity. For more information, contact Susan Chandler at 278-7161.

SACWN STEERING COMMITTEE

Rosemary Metrailer, Corporate Coordinator
(916) 447-7255
Jane Irwin, Finance Coordinator
(916) 424-3153
Ellie Zacks, Special Interest Group Coordinator
(916) 334-0667
Joan Thissell, Dance Productions
(916) 455-1557
Sandra Virago
Executive Director

Newsletter Staff
Advertising: Jayne Rountree
Contributors: Rosy Metrailer, Joan Thissel, Ellie Zacks

SACWN, Inc.
1616 29th Street, Suite 310
Sacramento, CA 95816
(916) 451-8034
FAX: (916) 451-4829

SACWN, Inc. newsletter is published monthly, ten times a year.

No portion of this newsletter may be reproduced without written permission from **SACWN, Inc.** Letters to the Editor, articles and community announcements are welcome. Materials submitted may be edited and shortened based on available space. For more information, contact Sandy Virago at 451-8034.

Advertising Rates

Type	Member	Non-Mem
1/2 Business Card 1 3/4 x 1 3/4	$14.00	$21.00
Business Card 3 1/4 x 1 3/4	$25.00	$37.50
Two-column ad 4 1/2 x 2 3/4	$34.00	$60.00
Quarter page 3 1/2 x 4 1/2	$50.00	$75.00
Half page 7 1/8 x 4 1/2	$90.00	$135.00
Full page	$160.00	$240.00
Classified ads (per word)	.40	.60
Discounts (pre-paid)	1 year	20%
	1/2 year	10%

SPECIAL INTEREST GROUPS - - APRIL

Well, folks, after six years of being the Special Interest Group Coordinator for SACWN, I will be resigning my position in the next couple of months. I have enjoyed this job very much, and I think it's time for some new blood, some new ideas and for me to focus my energy in some different directions. I'm hoping that now that the Special Interest Groups are organized and going strong, someone will step in and volunteer to take on this job. I'll be glad to train and consult during the transition. Give me a call if you have any questions or as always if you have a new group you want to start or join.

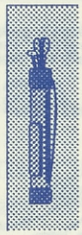
Thanks to Joan for all your hard work in Social Connection (of course we still have your energy for dances!) Lesha will be taking over with Single Connection.

Ellie Zacks 334-0667

BRIDGE

In April, we will play bridge at Jean's on Sunday, April 26. Be sure to RSVP to Jean, 756-4281, if you plan to attend. The 2nd Friday game has been cancelled due to the holiday weekend. For more information call Kathy Mullen, 362-3175.

GOLF



Attention Golfers! It's time to get your golf clubs out, dust them off and loosen up. Golf time is here! Call Judy, 339-1785 if you want to join the golf group.

SINGLE CONNECTION

A pot luck is planned for April 3, 4 p.m. at Lesha's. Plans will be set for future activities. Call Lesha for a map, 676-0641.

LATE-BLOOMERS

A new Late-Bloomer's Group is forming. Call Eva at 878-9253. First meeting will be Saturday March 27, followed by a meeting on Saturday April 24.

TOP TEN

In February, 12-15 women enjoyed a wonderful afternoon watching the video, Gay Youth. In April, Top Ten will have it's meeting at Mary F's home on Sunday, April 18 at 3 p.m. Call Lise, 452-4948 for more details.

DAVIS OVER THIRTY

Call Bev at 753-6504 to express your interest. New members welcome!

RAINBOW CAMPERS

A potluck planning meeting was held in March to put together summer plans. Call Jayne, 921-6642 for a calendar. We look forward to having you join us for camping potlucks, campfires and alot of good fun.

THE RELATIONSHIP FORUM

A new facilitator is needed for this group. Interested? Call Ellie at 334-0667!

NEWCOMERS

If you are new to Sacramento, come meet others who are new, too! We meet on the 3rd Sunday of every month for dinner to discuss SACWN, it's special interest groups, and other resources available to the gay/lesbian community of Sacramento. For more information call Nancy, 454-5847.

HIKING

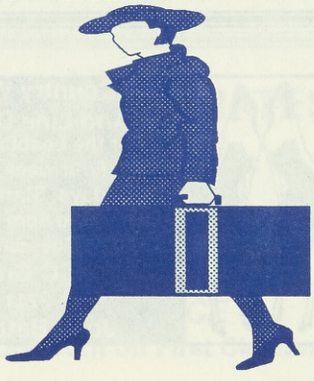
Does the warm weather entice you to venture into the great outdoors? Then going hiking with us is for you. Join us on April 24; call Karen at 753-6670 for details.

HOME REMODELING HOME REPAIR

Are you currently remodeling or repairing your home? Would you like to discuss your successes and problems with other women? Interested in learning new skills by working together on each other's homes? Call Lesha, 676-0641.

LESBIAN OWNED

Calling lesbian business owners or wantabe's! We are forming to support each other, learn from each other, share information and exchange ideas. We will meet for breakfast on the third Saturday of the month at 1616 29th Street, Suite 310. Contact Sandy at 451-8034 for more information.



CHANEY CHIROPRACTIC CARE

Helping You Stay Healthy

Nancy Buck, R.N., D.C.
2916 'D' Northgate Blvd.
Sacramento, CA 95833

(916) 641-5400

Whether you want to list, sell or invest,
I would be delighted to learn
how I can best serve your needs.

Jayne Rountree
REAL ESTATE INVESTMENTS
(916) 921-6642

M. JANE PEARCE
ATTORNEY AT LAW

1409 28TH STREET, SUITE 200
SACRAMENTO, CALIFORNIA 95816

(916) 452-3883
FAX (916) 453-0747

- *Consultation*
- *Psychotherapy*

OPTIONS UNLIMITED

GAIL FITZPATRICK, PH.D.
Licensed Psychologist - PSY 8780

418 Alhambra Blvd.
Sacramento, CA 95816

916/**442-3375**

Conscious Loving ····
a group for women

- stop helter-skelter patterns
- change how you get love

KATHY CLARK

- **929-7991** MFCC Int. 18046

Supv.: L. Barnard PhD MFC18721

Deborah A. Brooks

Certified Public Accountant

5350 Marysville Road
Browns Valley, California 95918

P.O. Box 248
(916) 743-9339

Nan L. Goodart

ATTORNEY AT LAW

7230 SOUTH LAND PARK DRIVE
SUITE 121
SACRAMENTO, CA 95831
(916) 422-3000

ESTATE PLANNING
LIVING TRUSTS
ELDER LAW
WILLS & PROBATE

Whitney & Killick
FINANCIAL SERVICES
Tax Preparation and Planning
Catherine A. Whitney Linda E. Killick
(916) 486-8985
2321 Lloyd Lane, Sacramento, California 95825

Country Western, Swing
And Line Dancing Classes
For the Lesbian & Gay Community
Four weeks/$28 per person
Mondays, Starting April 19th & 20th
Beginning 6pm • Intermediate 7:15pm
Or Tuesday Beginning 6pm
MCC Grand Ballroom
2741 34th Street
John Batchelor 453-8991

WOMEN'S SCUBA CLASSES

DIVE MASTER
MARILYN RUTS

(916) 447-5208

Lioness Books

2224 J Street
Sacramento, CA 95816
916/442-4657

Mon - Fri 11 - 7 p.m.
Sat 12 - 6 p.m.
Sunday 12 - 4
Sacramento's only women's bookstore

Books | Cards | Records
Bumper Stickers | Stationary | Periodicals
Buttons | T-Shirts
Calendars

This space could be YOURS! Call SACWN for advertising rates TODAY!

Joan Frazzini,
LCSW LG9415

Individuals
Couples
Families

1731 I Street
Sacramento, CA 95814

(916) 447-9114

HERE! RIGHT HERE IN RIVER CITY!

A COMMUNITY OF LESBIANS

JUST THE CUSTOMERS YOU WANT!

ELLIE ZACKS, Ph.D.
Clinical Psychologist PSY10426
(916) 334-0667

Couples
Families
Individuals

4811 Chippendale Dr., 901
Sacramento, CA 95841

This space could be YOURS!

Telephone (916) 361-3118 By Appointment

Gaye S. Marchini, M.A., M.S.W.
Licensed Clinical Social Worker • LCS#15812
PSYCHOTHERAPY

BUTTERFIELD PLAZA EXECUTIVE SUITES
9521 Folsom Boulevard, Suite R, Sacramento, California 95827

Individuals • Couples • Families • Children • Adolescents • Groups
Workshops • Grief & Loss • Emotional Issues of Chronic Pain • Consultation

Visa/MasterCard Sliding Scale Insurance

Lesbians Age 40+

Therapy Group Now Forming
Addressing Loneliness, Sexuality, Coming Out and Relationship Goals, safely among peers on:

Thursdays 5:30 p.m.

Sandra Howarth, M.S.W.
Associate C.S.W.
-ASW2054
Supervised by Satsuki Ina, Ph.D.
License No. MFC23383

Family Study Center
2716 X Street
Sacramento, CA 95818
(916) **456-4412**

Gail Gibson

Bookkeeping ♦ Tax Preparation

8208 Serenade Lane
Sacramento, CA 95828

Telephone
916 682-4808

Been In An Accident?
Car All Crunched Up?
Body Hurting?

Call - Rosemary Metrailer
Attorney at Law

Metrailer & Langenkamp
1329 H Street - Sacramento - CA - 95814
(916) 447-7255

RODRIGUES & ASSOCIATES
428-1856
Carol J. Rodrigues, Owner
QUALITY DETAILED CLEANING
FOR HOME AND OFFICE
Ask about SACWN Discount on First Cleaning

SACWN SAYS . . .

GOING TO WASHINGTON?

The Gay and Lesbian Employees Association (GLEA) of the U.S. Small Business Administration is hosting the first "Business Fair for Lesbian and Gay Entrepreneurs" on Friday, April 23, 9:00 a.m. to 11:00 a.m. at the Small Business Administration, 8th Floor Conference Room, 409 3rd Street, SW, Washington DC. For more information, contact Don Kraft at (202) 401-3784.

BREAST CANCER CONCERNS:

Recent research indicates that the frequency of breast cancer among members of the lesbian community is one in three. The general population experiences an approximate frequency rate of one in eight. The American Cancer Society is asking to meet with the lesbian community to discuss education and outreach. A meeting will be held on April 13, 4:30 to 6:00 p.m. at the home of John Bennett, Vice President of Public Education with the Society. Anyone interested is invited to attend. Call 457-6212 to R.S.V.P. (Next month SACWN will focus on lesbian health concerns in our program with Dr. Sadja Greenwood.)

FESTIVAL SEEKS INVOLVEMENT:

The organizers of this year's WHOLE EARTH FESTIVAL on the campus of UC Davis (May 7, 8, and 9) are looking for gay and lesbian performers. They note that "the theme for the event, Tapestry of Evolution, emphasizes the need for women and men of all backgrounds to work together to create a vision of our future and the required changes needed in societal structures." Call Jessica Todd at (916) 752-2569.

HAVE YOU CALLED THE WHITE HOUSE YET?

Calls to the White House regarding the lifting of the ban against lesbians and gays in the military are reportedly running 4-1 against. To reach the White House, call 202/456-1111 from 9 a.m. to 5 p.m. EST. Tell the operator you wish to register your support for President Clinton lifting the ban against gays and lesbians in the military. The FAX number (24 hours a day) is 202/456-2883. Do call now and several times over the next few months. Other phone numbers you may want:

Gen. Colin Powell, Joint Chiefs of Staff: 707/697-9121
Senator Sam Nunn: 202/224/3521
Senate Arm Forces Committee: 202/224/-3871

HERE'S A GOOD IDEA!

Wouldn't it be great to have a video recording of the performances at SACWN? Imagine what a wonderful visual herstory that would be (in addition to the opportunity to occasionally watch programs about our lives rather than the usual "blockbuster wares".)

Interested? Have a cam recorder? Let's discuss this. We'll check with the artists first, of course. Call Sandy at 451-8034.

WELCOME, I'M GLAD YOU ARE HERE!

Isn't that great to hear when you walk into a SACWN event? Friends greeting friends. First-timers at SACWN need to hear that phrase too! Want to be an official SACWN greeter? All you need to do is meet with a SACWN representative 15 minutes before the start time of the event (usually 6:15), wear a GREETER ribbon and a very warm smile. Your reward will be the knowledge that you made SACWN a very friendly place for someone else.

ABOUT LESBIAN MONEY:

We have it, we earn it, we spend it. But are we spending it to support each other and our community first? Who are the lesbian business owners and businesses in the greater Sacramento area? How do I find a lesbian rug cleaner, tile setter, dog groomer, or gardener?

The SACWN 1993 DIRECTORY to the rescue. Yes, another women-derful edition of the directory is in the planning stages, due to be published in September, 1993. The directory will be free to SACWN subscribers and available for sale at lesbian and SACWN events. It will not be distributed to the general public.

Two things for you to start considering. Advertise - a special campaign will be launched in late April to sell ads. Tell all your favorite lesbian businesswomen that you want to see them "in the directory!"

And be included. List yourself. Be visible. You will be asked in the May, June and July newsletter to return a form indicating that you want to be listed in the directory. Consider putting you name, address and/or phone number in the subscriber section. Let the SACWN directory be the way that the lesbian rug cleaner finds you. Let's get mail from women business owners. Remember, junk mail from a lesbian business is not just junk mail! It's about Lesbian money!

A BULLETIN BOARD FOR US:

If you have a computer with a modem, try logging on to "All Walks of Life", a lesbian run computer bulletin board in Sacramento. They are now carrying information about SACWN events, so be sure to thank them and visit their may "rooms" of information. The number is 737-9768.

SACWN EVENT TO BE INTERPRETED:

The April performance featuring Gwen Avery will be interpreted for deaf subscribers and guests. Please let your friends know that interpreting services will be available.

Also, it you are a signer and would be interested in signing for future events, please call Sandy at 451-8034.

SACWN CALENDAR 1993

CLASSIFIED ADS

HOUSEMATE

To share new 3 bdrm/2 bath home in West Sacramento. Five minutes to downtown. Garage, W/D. Very Private. Non-smoker. Pets negotiable. Available immediately. Call 373-1433.

WANTED:
A FINANCIER TO HELP ME PLENTY!

Award-winning songwriter seeking a woman interested in investing money to produce and promote my songs. Strong, unique music allows me acclaim through performances, awards, airplay and an interview with RKO Radio Network. "Invest in explosive me."
Call (916) 446-5041.

SACRAMENTO WOMEN'S CENTER HAVING GARAGE SALE

The Sacramento Women's Center provides job training to low income women. They need your throwaways for a garage sale on May 1, 1993. Call Irene at 441-4207 to donate and for location of sale.

Saturday, April 17

Gwen Avery, the Bay Area's Sugar Mama sings blues! At the Penthouse in the Galleria, 2901 K Street. Parking in building, enter on J Street, K Street or 30th Street. See cover story and see you there!

Saturday, May 15

Dr. Sadja Greenwood, Author of "Menopause Naturally" will speak about our health and our changing bodies (or the changing body of someone you love!) At the Sacramento Inn, Sierra Room.

Friday, June 18

Gay Pride Community Dance
A Celebration! SACWN and SLCC are co-sponsoring this dance at the YWCA. Everyone is invited (men and women). Dance to the tunes of Second Wind. From 8 p.m.

IN THE COMMUNITY

April 3, Saturday, 10 a.m. to noon
State Capitol, Room 4202
Town Meeting on Health Care
Sponsored by the Sacramento Valley Health Care Coalition.
Proposal developed will be presented directly to Task Force headed by Hillary Rodham Clinton.

April 3, Saturday, 6:00 p.m.
Brown Bag Reader's Theatre
A comedic performance dealing with lesbians and recovery. Lioness Books 442-4657

April 13, Tuesday
Meeting with American Cancer Society and Lesbian Community
A discussion to assist the Society in reaching out with educational efforts to lesbians.
Call John at 457-6212

April 25, Sunday
Social Workers for Social Responsibility will march on the Capitol in support of the National March on Washington. Call Susan Chandler for more information at 278-7161. (See article on page 2.)

May 7, Friday
BACW Central Valley Dance and Spring Fling at the American Legion Hall in Modesto. Call Dodie (209) 869-0779 for ticket info.

May 7, 8, 9
Whole Earth Festival, UC Davis
Be kind to mother earth today and everyday!

SUNDAY
Women of Color Support Group
Lambda Center, 1931 L Street
7:15 to 9:00 p.m., call Josie at 442-0185

MONDAY
Women's Rap and Social Group
Lambda Center 442-0185

TUESDAY
Being Gay Today, 10 P.M. on Cable 18

THURSDAY
Women's Coming Out Group
6-7:30 Lambda Center 442-1085

Face the Music on HZFR FM 90.1 7:30 to 10:00 p.m. Music about women who love women. Community radio for the Sacramento Valley from Chico.

FRIDAY
Country Western Dancing at 7:30 at MCC Call 454-4726

SACRAMENTO WOMEN'S GATHERING

You are invited to a weekend in the woods near Grass Valley on July 23, 24, and 25, 1993. SACWN is sponsoring a "Women's Gathering", a special time to spend together, getting to know each other a little more, enjoying the outdoors and nature and having an absolutely terrific time.

Camp Augusta has been rented for the weekend. We will have the grounds from Friday after 4 p.m. until Sunday at 1 p.m. The camp has a lake for swimming and canoeing (how's your stroke?), a log cabin lodge, 16 cabins that sleep 6-8 persons with beds (all you bring is a sleeping bag or bed roll). The cabins are open to the air (walls are about 5 feet high, rolled up canvas uncovers the area to the roof). On the grounds and very private, is a quarter mile path that goes to the base of a forty foot waterfall. (With the rains this season, the flow should be spectacular!)

The plans for the weekend include workshops, sports, a talent show, evening campfires with drumming (we need to borrow drums or at least to one really great drum), and quiet times. Want to help with the planning? Call Sandy at 451-8034.

This will be an event for women over 21 only. Please save the weekend. With you there, we'll have a great time!

JOYFUL LOVING:

Healing Past, Present and Future Relationships

A Workshop for Lesbians Who Desire Loving, Nurturing, Passionate Relationship

For women who are on a healing path:

- Learn tools for conscious living and loving
- Increase your energy and enthusiasm for life
- Connect with your creative, joyful, loving self

May 22nd, 1993
9:30 a.m.- 3:30 p.m.
$55 (Includes lunch)
Pre-registration required.
For more information, call
Kate MacKenzie L.C.S.W.
447-0350

SACWN, INC.

SUBSCRIPTION RENEWAL BY MAIL

All subscriptions may be paid in full or in 2 installments, the second installment due in 6 months. Subscription entitles you to our monthly Newsletter and discounts for all functions. Please select the appropriate category and send a check for the correct amount, payable to SACWN, Inc.

CATEGORIES	RATES
Regular Subscriber	$36/year
Two-in-One Household	$60/year
Limited Income Subscriber* (Student/Senior/Disabled)	$24/year
Sustaining Subscriber**	$48/year

Enclosed check and mail to: **SACWN, Inc., 1616 29th Street Suite 310, Sacramento, CA 95816**

Name(1) Name(2)

_____

Address_____

City_____State_____Zip_____

Phone(H)_____ (H)_____

Phone(W)_____ (W)_____

Career Interests

(1)_____

(2)_____

This form is NOT a permanent record. Please note: Names on checks are listed in our financial records and may be audited. You may elect to pay cash for your subscription and/or admission to our events. For your protection, do not send cash through the mail. If subscribing by cash, please make your payment at the next meeting you attend. A $10 fee will be charged on returned checks.

WAIVER - I AM AWARE THAT CERTAIN RISKS OR INJURIES COULD OCCUR ARISING FROM MY PARTICIPATION IN SACWN, INC. EVENTS AND/OR SPECIAL INTEREST GROUPS. IN CONSIDERATION OF THE RIGHT TO PARTICIPATE IN SUCH EVENTS, SOME OF WHICH MAY INVOLVE STRENUOUS ACTIVITY (I.E. HIKING, GOLFING, SKIING, CYCLING, ETC.), I HEREBY ASSUME ALL RISKS AND WILL HOLD SACWN, INC. AND ITS MEMBERS HARMLESS FROM ALL LIABILITY WHICH MAY ARISE IN CONNECTION WITH THESE ACTIVITIES.

Signature_____ Date_____

Signature_____ Date_____

*LIMITED INCOME - We consider a person living on a limited income to be anyone who is having a difficult time paying for basic necessities - food, utilities and rent - and who rarely considers entertainment as part of her budget. * SENIORS -Age 65+ on Limited Income; STUDENTS - Students 21+ on Limited Income; DISABLED - Disabled Citizens on Limited Income.

**SUSTAINING - Contributing a little extra to help supplement others (Seniors, Students, Disabled) on limited income.

GWEN AVERY

SINGS THE BLUES

PENTHOUSE AT THE GALLERIA
2901 K STREET
SACRAMENTO

SATURDAY, APRIL 17, 1993

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____

Category	# Tickets	Subscriber * Name or #
Subscribers $12	_____	_____
Limited Income (Seniors, Disabled, Student Subscribers) $10	_____	_____
Non-subscribers $17	_____	

Total Tickets:_____Total Enclosed$_____

*Note: If requesting subscriber rate, subscriber name or number must be provided. Tickets at the door will be $20. Please include a **self-addressed stamped** envelope with a check made payable to SACWN. Send to:

SACWN
1616 29th Street, Suite 310
Sacramento, CA 95816

Tickets may be picked up at the above address when pre-arranged. Call 451-8034 for information and/or directions. Directions will be provided with returned tickets purchased by mail.

SACWN

1616 29th Street, Suite 310
Sacramento, CA 95816